



Breastfeeding Discussions

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- If you are pregnant or have questions about breastfeeding ask to attend a Breastfeeding discussion.
- If you are unable to make the discussion time you can ask to set up an individual discussion.
- Check pick-up is available at these discussions.

Mommy, breastfeeding is good for you and me.

Discussions held Monday - Friday. Please call for times.

Discussions available in Spanish. Please call for times.

Breast is best, come and find out why:

- Advantages for baby
- Advantages for mom
- Nutrition Tips
- How WIC can support you while breastfeeding

Individual Appointments

Appointments are available Monday-Friday. Please call for times.

Ready to get started, join us and learn about:

- People who support breastfeeding in our community
- The importance of talking to your health care providers about breastfeeding
- Positioning your baby while breastfeeding
- Recognizing hunger and fullness cues for baby
- The benefits of skin to skin contact

We hope to see you there!

